

inTENTions



OUR VISION:

A community of elders and neighbors supporting one another.

OUR MISSION:

To connect members to resources needed to maintain comfortable, dignified, vibrant lives in their homes and community by providing appropriate services, activities, and programs that will further this purpose.

BOB SILVER (1942-2023)

On January 19 we received an email invitation to attend a virtual “Woke Wake” on Zoom that same evening. The host and honoree were one and the same, the inimitable Robert Jay (Bob) Silver. After a long, courageous battle with Parkinson’s disease and its complications, he did not want to miss a celebration of his 80 lively, grinning, accomplished years. The event was well attended by dozens of kith and kin who shared stories while Unitarian minister Gary Kowalski served as master of ceremonies. Bob gave “thumbs up” to every comment, and wife Dianne Frost sat watchfully nearby.

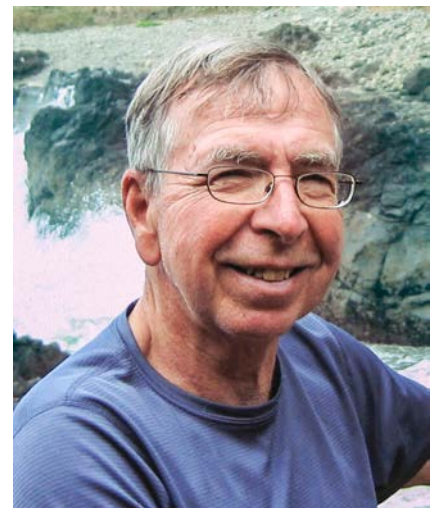
Bob passed from this life on February 1. A worthy obituary was published in the *Taos News* and on the DeVargas Funeral Home website,* so we will take this opportunity to share less formal recollections from friends.

Taos News Publisher Chris Baker speaks fondly of Bob, calling him “feisty,” a “constant gadfly” with an East Coast “edge.” The two would meet for lunch, and Bob would argue for *The News* to take a stronger position on issues. Chris respected him because he “gave a damn” and in his frequent “My Turns” was never nasty nor hit “below the belt.”

In response to Town Councilor Darien Fernandez’s question, Bob once admitted that he tried to get *The News* to publish a letter to the editor sooner than their once-in-four-

weeks rule by threatening to buy Bill Whaley’s *Taos Friction* domain to compete with *The News’* position on issues. Bob’s “My Turns” often were positioned to contest then Town Manager Rick Bellis, whom Bob affectionately nicknamed “Rasputin.”

Just last year, David Farmer helped Bob assemble and catalog all of his email correspondence with the late, controversial Bill Whaley. The collection was donated to the New Mexico History Museum.



A number of Bob’s *Taos* friends came forth with fond recollections:

Chuck Fawns: “Soon after Bob and Dianne moved into their new house in Taos some years ago, Bob ordered a bunch of small rubber duckies to add to the water feature on their front patio. When Dianne dissuaded him from putting them there, he loaded them up in his bicycle basket and rode around town handing

them out. Marsha and I got one and have kept it in the guest bathroom for years.”

Wally Cox: As driving became more difficult, Bob acquired a highly computerized, fuel-efficient Tesla. During holiday season, 2021, he programmed the car to raise and lower windows and flash headlights in sync with seasonal music booming from the top-of-the-line sound system. He pulled up in the driveway and honked the horn until Wally came out to see Bob standing outside the car with a big grin “directing” the performance.

Author, college instructor, and Taos Chorus member, Steve Fox: “Bob invited me to go to Santa Fe with him. I knew he wasn’t supposed to drive, but he insisted. It was a lovely day and we talked up a storm as the Tesla self-drove. About two-thirds of the way back, I noticed ‘Karaoke’ listed on the Tesla screen and said, ‘Let’s hear it!’ The first two songs that come up were Queen’s ‘Bohemian Rhapsody’ and Abba’s ‘Dancing Queen.’ We sang along at the top of our voices: ‘Galileo, Galileo, Mama Mama let me go! Scarmouche, will you do the fandango?’ And straight into ‘You can dance, you can jive, having the time of your life, you are the dancing queen!’ OMG, it was such fun!”

SOMOS Executive Director Jan Smith: In January 2017 Bob and late Taos poet Phyllis Hotch convened the first local “Writers Resist” gathering as part of a nation-wide literary response to the Presidential election and fears for liberal democracy. That event turned into a monthly meeting of Taos’ notable writing community that continued for some time. (SOMOS Bookshop still carries Bob’s two published books, *Keepin’ On: Living Well with Parkinson’s Disease* and the collection of short pieces, *Tributes and Tirades*.)

Editor and writer Be Scott: When Bob gave her tennis lessons at the Taos Spa. “He was getting pretty advanced in his Parkinson’s but still had enough coordination and plenty of spirit to get him across the court and keep his eye on the ball. He was a patient and tolerant coach and such a great example of rising to the challenge without a grumble.”

One could fill a book with stories about adventures with Bob Silver, who knew better than most how to live life to the fullest and who did his best to teach us to do the same.

-- Mya Coursey

*For more about Bob Silver, see <https://www.devargastaos.com/obituaries/robert-silver>

FROM THE BOARD



someone who might? Contact Kate Harris to sign up!

Our new office space is being used more and more. Contact Kate to make an appointment

Hello, friends!
All is moving along swimmingly at TENT. We get roughly 2-3 new members every month. Because of this, we need more Volunteers to provide services. Do you want to volunteer? Or do you know

to come see our Library. 575-741-6230. Or to register for activities, go to the Event Tab on our web site, and then choose Event List.

We have two new Board members: Robyn Chavez, who is featured in this issue of *inTENTions*, and Darrel Baumgardner, who wrote an article in a recent issue. As a scientist, he will be giving us important information frequently in this publication. Welcome to you both! We’re so happy to have you with us!

Our Marketing Committee has proposed several new advertising schemes. Look for the *Taos News* ads.

TENT was the beneficiary of a wonderful Estate Sale on February 11th. Thank you to Taos Roots for sponsoring this event and donating the sale items and the space at McCarthy Plaza. And thank you to those who helped with the sale and those who bought things. We made almost \$2,000.

We are working on the idea of recording people reading *inTENTions* out loud to benefit

those who find reading a challenge (because of their eyesight).

We look forward to more in-person gatherings this summer. Stay tuned!

Please let us know if you have ideas for articles in *inTENTions* or activities that you would like to see. We welcome your thoughts and ideas.

-- Bette Myerson

OPERATIONS COORDINATOR UPDATE

Spring is springing! Daffodils and hyacinths are popping up, and my driveway is a mud bog. However, as we all know, this is the first false spring, to be followed by more winter, fake summer, real spring, and maybe a bit more winter...

In this time of renewal and regeneration, perhaps those of you who haven't volunteered in a while might be inspired to come back under the TENT? Or, if you are unable to serve in person, we do have options: a Public Events Coordinator, authors for this wonderful newsletter, membership on the Activities Committee (this could be via Zoom), and an Outreach Coordinator. As we slowly and steadily grow our membership (and many thanks and a huge gold star for Gary and Charlene Shapiro for doing a wonderful job), we are finding that we need more Volunteers, especially for distant driving, which is mostly for doctor's appointments and surgeries that cannot be performed in Taos. Gas money is provided by the Member. If you haven't yet, please consider adding this service to those you already provide, and if you cannot, please ask your friends if they'd like to volunteer.

Many thanks to those who donated books to our lending library: Yale and Shanti Jones, Kathleen Ninneman, Meredee Vaughn, Susan Varon, Cheri Lyon from the Shared Table, and

SOMOS. Also, thanks to Volunteer Yolanda Rommel for organizing the books and setting up a lending system! When this task is finished, office hours will be set up so that you can stop by, visit, have a cup of tea and a chat, check out this small but powerful collection and get some books.

Our Facebook page is up and running, thanks to Miriam Jones. If you are on Facebook, please check out our page and give it a "like" and a "share." It is updated daily with news about TENT, the community, excerpts from the newsletter, interesting tidbits, and it is starting to reach a wide audience.

The Estate Sale fundraiser that the Taos Roots Project (thank you Ruthann McCarthy!) put on for us was a great success. Thanks to all the Volunteers who helped: Bette Myerson, Marianne Furedi, Reggie Mosser, Lana Green, Jim Ludden, Caryle Zorumski, Honore Maloney, Helen Rynaski, Susanne Felser, and the unknown (to me) people from the Taos community who stepped up. I am looking forward to the warmer weather and outside meetings and events—it will be good to see everyone! We will have a table at the Lilac Festival at Kit Carson Park on May 19, 20, and 21; stop by and say hi! I will be asking for Volunteers to help staff the table and will be sending an email out about it soon. As always, many thanks to our fabulous Volunteers!

-- Kate Harris

WELCOME, ROBYN CHAVEZ

TENT is happy to welcome new board member, Robyn Chavez, a critical care and long-term-care Registered Nurse (RN). She is currently Executive Director and Co-Founder of Red Willow Hospice. Robyn was born and raised in Taos and has deep generational roots. She enjoys the outdoors, spending time with family, and being a community resource navigator. Being a Board Member for TENT means she can be an advocate for the elders of the Taos Community. Robyn graduated with

cum laude honors from the University of New Mexico and was recently nominated for the UNM College of Nursing “Outstanding Alumni” award.
-- Linda Thompson



Aging, Resilience, And Laughter

“I’ve found that having a closed mind ages me more quickly than anything else.” —Margareta Magnusson, from the “Gentle Art of Aging Exuberantly”

“Overseriousness blows up your problems, laughter blows them out!”—Dr. Madan Kataria, founder of Laughter Yoga International

These two quotes invite (those of us who are both aging and anxious about our collective global future) to develop our positive resilience in order to live an engaged life. We also need resource tools for good health.

Studies over many years show the benefits of therapeutic laughter: It unwinds us from negative effects of stress; kicks depression and anxiety; lowers blood pressure; produces endorphins; decreases cortisol; is very aerobic; builds a “belonging” community (ending isolation); delivers oxygen to all organs (boosts memory); and it is FUN!!!!

Let’s make laughter a daily part of our lives; it can put us in touch with our “best selves” which can better handle stress and help us develop clarity, gratitude, flexibility, positivity, compassion, and resilience. We can learn to befriend all of our emotions and balance our nervous systems. Then we can be of greater service to others and to ourselves.

Make an “intention”: May I fully participate in our shared humanity to enhance my feelings of connectedness and joy? May I maintain a practice of intentional laughter? (Watch YouTube presentations of Laughter Yoga or comedies). <https://www.youtube.com/watch?v=EQmmYYVIEuU>

May I smile much, much more? May I remember that laughter and playfulness unite us, and that gratitude is the antidote to despair? May I focus on what IS working in my life?! “Let us join together in love, laughter, joy, compassion, forgiveness, acceptance and appreciation!” Dr. Madan Kataria

(The Vaughns were trained by Dr. Madan Kataria as Laughter Leaders in 2006. They’ve trained many leaders and they led the Denver Laughter Club from 2006 - 2019.)

-- Meredith and David Vaughn



ACTIVITIES UPDATE

There are several activities taking place regularly at the TENT office, 515 Gusdorf Road, Suite I.

Mexican Train Dominoes meets every other Wednesday afternoon. The next meetings are on April 5 and April 19 at 1:00 PM.

The Book Club will meet every other month. April's choice is *Wild: From Lost to Found on the Pacific Crest Trail* by Cheryl Strayed. *The Personal Librarian* by Marie Benedict and Christopher Murray has been chosen for June. The meetings will be on April 14 and June 16 from 1:00 to 2:00 PM.



A Weaving Class, see photo above, with Yolanda Rommel meets every Thursday at 1:00 PM.

For details on these activities, to register, and to request a ride, go the TENT website, www.taoselders.org, click on events, click on events list, and scroll down.

Looking ahead, walking in Fred Baca Park will start at the end of April. Flat paved surfaces accommodate walkers.

The activities committee welcomes suggestions for new activities and would welcome new members. Come to the next meeting on Thursday, April 13, at 10:30 AM, also at the TENT office. -- Honore Maloney 575 776-8087 jmaloney@taosnet.com

THE CARE CONTINUUM

Jacob Martinez gave a presentation to TENT on January 27 called "Traveling Through the Care Continuum." The video can be viewed on TENT's YouTube channel, or Members and Volunteers can access it by going to our website, clicking on the Member or Volunteer tab and scrolling down to "Resources." The video is at the bottom of the page.

In a hospital setting, there are two types of admissions: inpatient (admitted under a doctor's order, and you might need more than a two-night stay); and observation (monitored by a doctor and may not need two nights, but you can be under observation for some time). A skilled nursing facility (the Taos Living Center here) is for patients needing one hour of physical therapy per day or a nursing action such as wound care or airway intervention; this requires a doctor's order. Medicare will provide 100% coverage for 20 days; coverage for days 21-100 requires a 20% copay.

Acute rehabilitation is in hospital for those needing three hours of physical therapy per day. Christus St. Vincent in Santa Fe is the closest participating hospital. Medicare pays 100% for days 1-60. Long-term acute care, for very complicated medical problems requiring 25 or more days, is very expensive; Albuquerque has the closest facility.

Home health care requires that you are homebound (but it is OK if you have someone take you places). Accessed through the primary care physician, and Medicare covers it 100%, mostly for a short period and hardly ever over 60 days. Hospice requires a Certificate of Terminal Illness from two care providers, and you must meet Medicare's eligibility requirements. An assisted living facility (the Taos Retirement Village here) is used if the patient doesn't require 24-hour/7-days of nursing care. (This article is from my notes at the presentation; all errors are mine.)

-- Kate Harris

Tech Tips

InTENTions publishes helpful information from time to time about using your telephones, laptops, desktops, or tablets. We thought it would be helpful to maintain a list of all the topics in each newsletter so that all the reader has to do to read previous posting is to click on the link. This will pull up a copy of the posted information, along with the name of the person posting.

We need your help adding new topics and will continue to update this list:

Navigating Your Web Browser

An introductory guide on finding “stuff” on your computer and on the web.

Password Management

Recommendations for creating, remembering, and storing your passwords.

The Case of the Disappearing Window

Unsteady fingers can cause your laptop window to disappear. This helps avoid that.

Requesting Services

A quick overview of how to ask for services from TENT Volunteers.

Service Evaluations

How to evaluate the service you received from a Volunteer.

Technology To Reduce Isolation

Living alone has its down side, but here are ways to feel less isolated.

Phishing Expeditions

Getting “hacked” can be painful but there are ways to avoid it. Here is some advice.

Voice Mailbox Full

Frequent “housekeeping” of your phone mailbox is simple, as explained here.

Check Your Voicemail

This is a simple guide for setting up and listening to voicemail.

Alexa

This technology can be both helpful and annoying. Find out more here.

-- *Darrel Baumgardner*

DREAM

... once when a child
there was a dream or
memory?

The only dream I ever had
A far away land
people I remembered or
dreamed of?

I dreamed of a wind...
desert wind.

Always hearing the wind
Smell of sage.

People with pride, brave...
with understanding of truths.
Life and death understanding
of freedom... always.

Wind and freedom searching across the ocean
searching for the people
home.

As a stranger... always a stranger and now,
so close, a voice
one voice saying come,
in the language of my heart
never heard before.

One voice saying you are home
if you say yes...

You are home. The voice of my childhood's
dream saying I am home
if I say yes to home
First time ever.

— *Yolanda Rommel*

Darrel Baumgardner: Our poet writes from the heart, one that has been shaped by her experiences of growing up in Poland under Nazi occupation and unimaginable atrocities, the death of her brother by his own hand, dealing with the grief of others as a hospice worker, and then the unexpected death of her son shortly after she moved to Taos to be with him. This poem reflects on what it was that led her to come to America, the lure of a land where she could be free to express herself and grow.

HOW CAN ELDERS FIGHT CLIMATE CHANGE?

Climate change is a technical subject, not strictly related to aging. But it is relevant because it affects us and our children and grandkids, and we can do something about it.

The climate is changing all over the earth because we humans have upset the balance of carbon dioxide in the atmosphere by burning fossil fuels (coal and petroleum). Extracting petroleum also releases considerable methane (natural gas), and methane changes the climate even more than carbon dioxide.

Whether you believe in a climate crisis or not, you must be aware of the extensive wildfires in New Mexico last summer and the record snowfall in California this winter and flooding in many parts of the world. The changing climate has made notable weather events more extreme and more frequent.

What can we do?

1. Reduce everything we can, as much as we can, first
2. Offset the rest (which is impossible to do if we don't reduce everything we can first)
3. Build resilience to the impacts we can no longer avoid.

Reduce

Travel less—unless you walk or ride a bicycle. Burning fuel for cars and planes is a major contributor to climate change. If you must drive, consider a plug-in hybrid car, which can run off solar energy if you charge the battery during the day in Taos.

Tighten air leaks in your house. Heating buildings is a major source of carbon dioxide.

Eat less meat, especially beef. Buy products made closer to home to reduce transportation. Replace your gas furnace or boiler with an electric heat pump.

Give away all the stuff you have not used for two years and move to a smaller house or apartment.

Offset

At its core, an [offset](#) is an accounting mechanism. It's a way of trying to balance the scales on pollution. For example, you pollute and pay someone else to plant a tree.

Support climate-friendly agricultural practices (such as no-till farming) and food products. Support reforestation projects.

But don't be distracted from the real solution—polluting less in the first place. A newly planted tree may take 20 years to have a measurable climate impact.

Build Resilience

Be prepared for more frequent climate events, such as fire, drought, wind, and flooding.

If you live in a wooded area (such as Taos Canyon) or in sagebrush, remove trees and shrubs that are close to your house so that a wildfire can be held back. Severe drought makes the fires more likely and more intense.

– Jim Ludden



RESOURCES

AARP reports that in 2022, Americans lost a record breaking \$8.8 billion to scams. If you suspect a scam, call AARP helpline at 877-908-3360. Go to www.aarp.org/money/scams-fraud/ to see examples of the latest scams. If you feel you might have been scammed, visit www.aarp.org/fraudsupport to learn more. One approach is in a phone call, text, or email, the caller claims to be from Social Security and tells you that there is a problem with your Social Security number, or they want you to register for an increase in your benefit (providing your SS number). Hang up and call the SSA at 800-772-1213 to report this call. Go to <https://www.identitytheft.gov/#/> to find out more.

AARP's Senior Planet reminds us that our generation knew a time when the Internet didn't exist. You can tell your story about your first online experience by clicking [here](#).

A TENT Volunteer, Justine Nauman-Greif, will have her handmade quilts and tapestries on view at the Fechin Studio, Taos Art Museum, through April 23.

Colleen Shaughnessy announces events sponsored by Youth Heartline during April, which is "Child Abuse Prevention Month." See the schedule [here](#). -- Linda Thompson

"BE FAST"

if you suspect a stroke. Treatments are most effective when given right away. Act quickly if you notice any of these symptoms:



Please click [here](#) to make a charitable contribution so that TENT can help our elder community.

TENT needs your help to help others.

TENT (Taos Elders and Neighbors Together)

Memberships Receiving Services

Individual

\$300/year or \$20-25/mo.

Household

\$400/year or \$30-35/mo.

3 Month Trial

\$150 or \$50/mo.

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